Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Wednesday, December 31, 2025

Frequency

Did you know? The human body has a frequency of 100 hz. The Schumann resonance has a frequency of 7.83 hz. Spirit (the higher self) has a frequency of 330 hz. The Schumann is grounding for the body. Regarding clothes and bed sheets. Cotton has a 100 hz frequency which matches the physical body. Polyester has a frequency of 15 hz which lowers the human body frequency. Because it is synthetic, disharmonious, it is literally a plastic bag on your body. It also generates static electricity more than cotton.

The Schumann resonance, although lower frequency, is organic, so it acts a grounding, it remains harmonious with the body. The human heart has a frequency of 1 Hz. Polyester creates an electrical static that can disrupt the human body field and heart beat. Also electrical AC wires in the wall are at 60 hz so it would help to be away from outlets while you sleep to connect with organic frequency. Electrical frequencies are man-made. These are different frequencies than lightning. Cell phones are around 2.4 Ghz which also interrupt organic frequency. Computer screens are 60 hz same as electrical AC current. This is all static and EMF interference blocking the health of the organic frequency.

You can add plants and organic crystals to act as organic signal boosters for the connection with the Earth and your Higher Self. Black Tourmaline blocks EMF and Amethyst invites Spirit frequency. Black tourmaline is useful near electronics and Amethyst near your bed when you sleep.

- December 31, 2025

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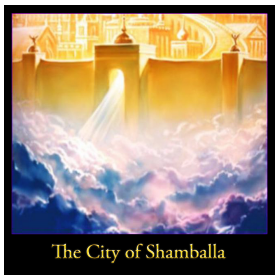

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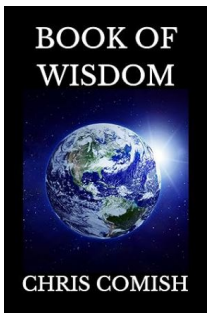

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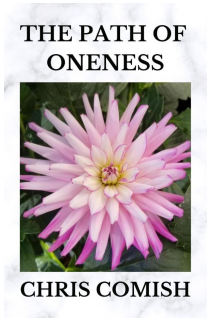

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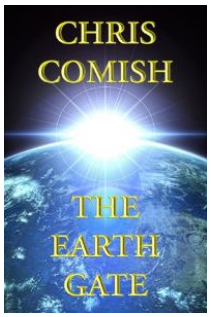

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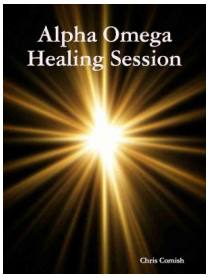

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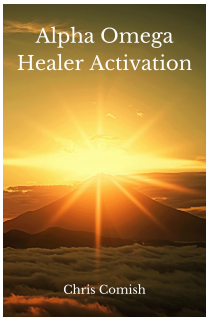

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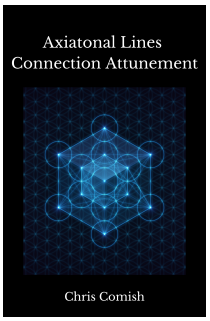

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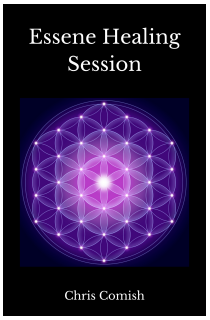

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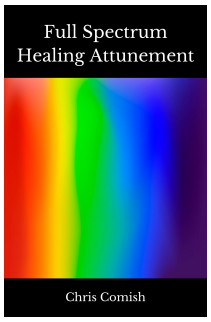

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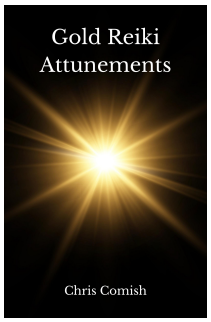

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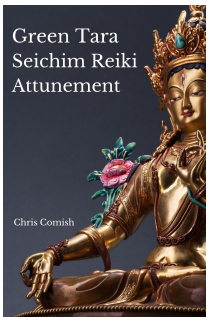

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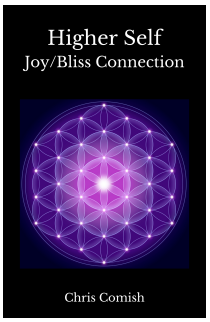

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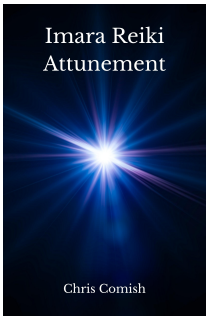

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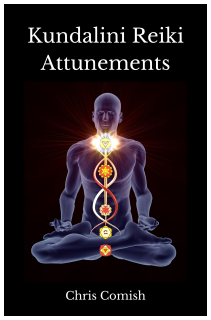

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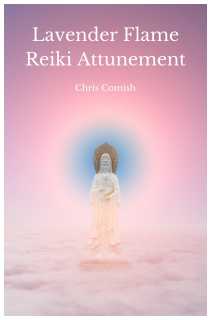

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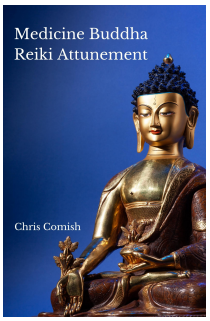

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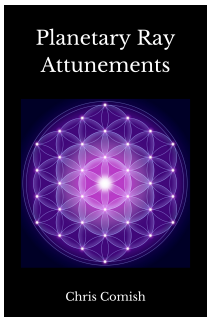

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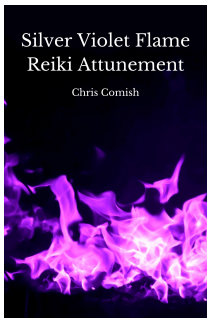

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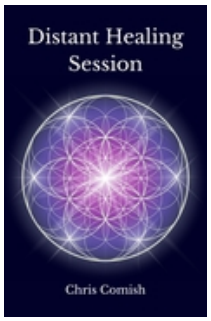

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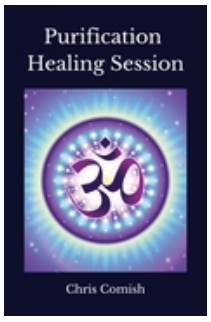

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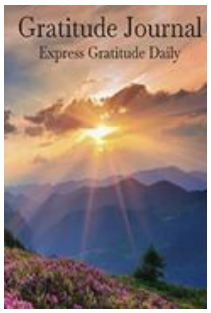

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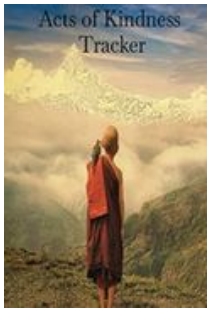

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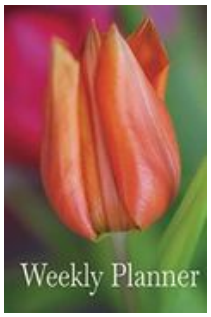

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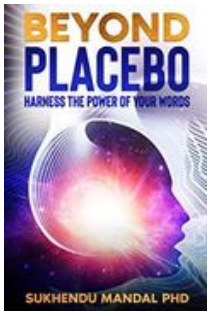

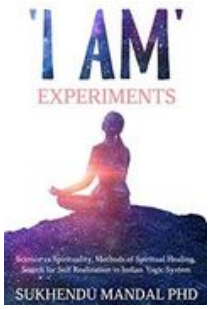

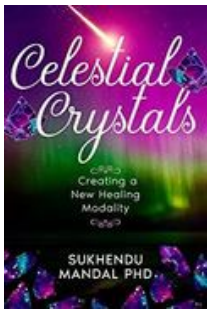

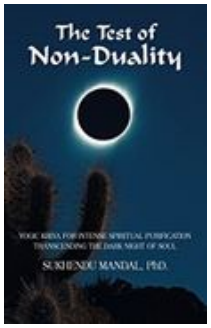

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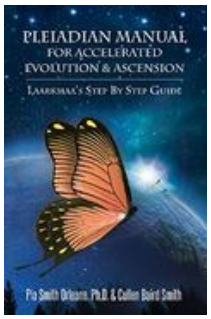

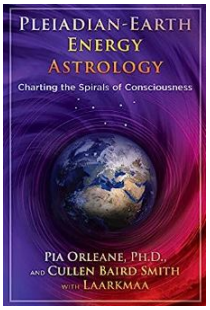
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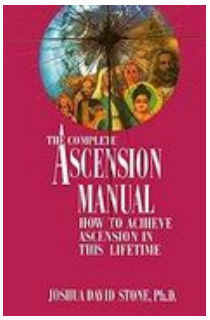
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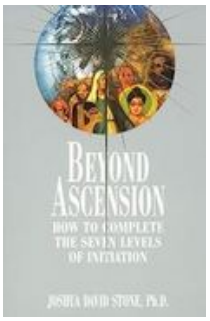
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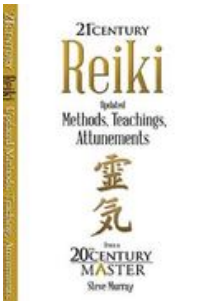
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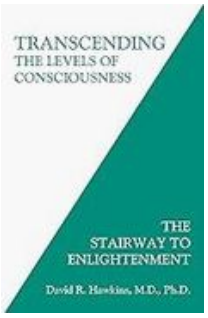
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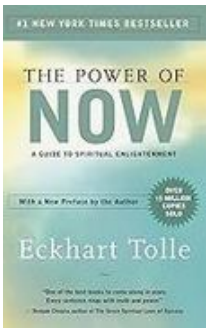
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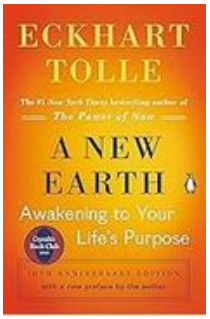
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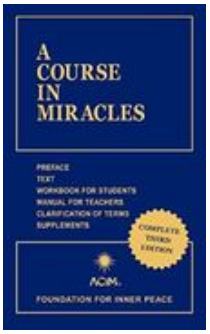
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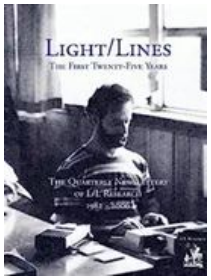
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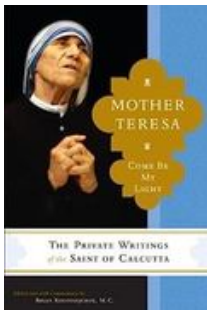
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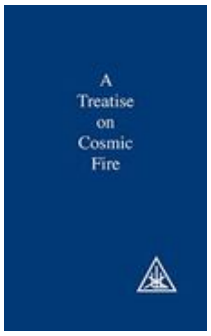
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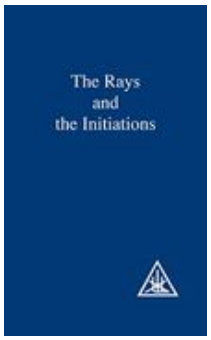
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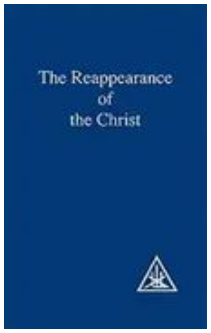
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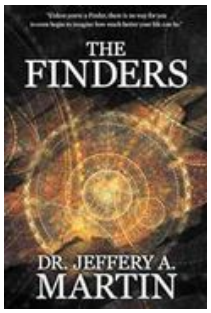
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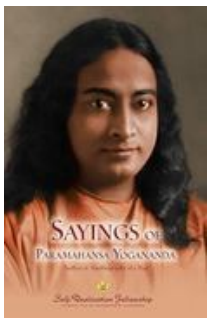
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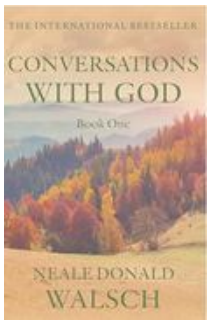
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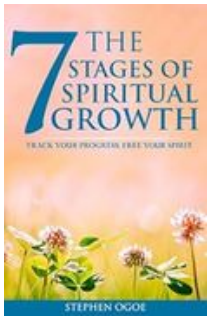
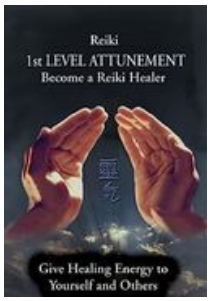
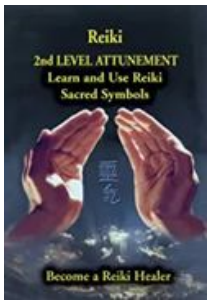
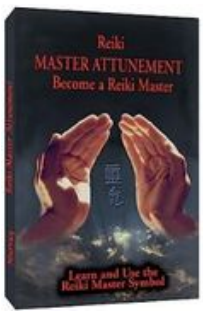
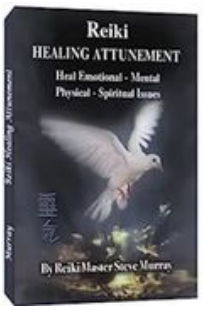


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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Frequency

Happy New Year!

That Which Is Not

God is All That Is

Be the Bridge

Blended Balanced State

Observer-Server

Universal Love and Radiant Being

A Christmas Message of Love, Beauty, and Compassion

Compassion

The Empty Boat

Trinity

Blended Balance

Frequency

Love Everywhere

Wise Compassion

Other Self

Love

God

Emotional Support

The Void

Radiate

Scan Chakras with Reiki

We are the Creator

Balance

Mirrors

Unity of All Polarity

One

Wise-Compassion

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Oneness

Attunements and Healing

Chakras

Master Consciousness

Universal Love and Radiant Being

12-2-25 STO Journal

Chakras

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